This listing of claims will replace all prior versions, and listings, or claims in the application.

1. (Previously presented) A training bat system for a user, comprising:

a tubular member whose length is similar to a conventional bat and, whose outer diameter over an area used for hitting the ball is smaller then the diameter of a conventional bat over an area used for hitting the ball, and whose outer surface is uniform, having a bore extending within from an inner end to a distal end of said tubular member and said tubular member is made out of a material that will not be damaged when said tubular member is used as a bat;

a plurality of weight members that can be place within the bore of said tubular member or can be fully removed from bore of said tubular member and these weights allow an individual to change the weight of the tubular member and make the tubular member similar in weight to a conventional bat; and

an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore.

2. (Previously presented) The training bat system of Claim 1, wherein each weighted member is positionable within the tubular member so that a user can balance the tubular member and make the tubular member have a weight and balance similar to that of a conventional bat.

3. (Previously presented) The training bat system of Claim 1, wherein said bore is comprised of a consistent diameter.

4. (Previously presented) The training bat system of Claim 1, wherein said weight members are comprised of varying weights.

5. (Previously presented) The training bat system of Claim 1, wherein said weight members are comprised of varying sizes.

6. (Previously presented) The training bat system of Claim 1, wherein said inner cap has a flanged portion and an extended portion.

7. (Previously presented) The training bat system of Claim 1, wherein said extended portion is threaded for threadably engaging an interiorly threaded portion of said inner end.

8. (Previously presented) The training bat system of Claim 1, including a compression spring positioned between said weight members and said inner cap.

9. (Previously presented) The training bat system of Claim 1, wherein said tubular member is comprised of a plastic material.

10. (Previously presented) The training bat system of Claim 1, wherein said tubular member is comprised of aluminum.

11. (Previously presented) A training bat system, comprising:

a tubular member whose length is similar to a conventional bat and, whose outer diameter over an area used for hitting the ball is smaller then the diameter of a conventional bat over an area used for hitting the ball, and whose outer surface is uniform, having a bore extending within from an inner end to a distal end of said tubular member and said tubular member is made out of a material that will not be damaged when said tubular member is used as a bat;

a plurality of weight members that can be place within the bore of said tubular member or can be fully removed from the the bore of said tubular member and these weights allow an individual to change the weight of the tubular member; and

an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore; and

an outer cap attachable to said distal end of said tubular member for retaining said weight members within said bore.

12. (Previously presented) The training bat system of Claim 11, wherein each t weighted member is positionable within the tubular member so that a user can balance the tubular member making the tubular member similar in weight and balance to a convention bat.

13. (Previously presented) The training bat system of Claim 11, wherein said bore is comprised of a consistent diameter.

14. (Previously presented) The training bat system of Claim 11, wherein said weight members are comprised of varying weights.

15. (Previously presented) The training bat system of Claim 11, wherein said weight members are comprised of varying sizes.

16. (Previously presented) The training bat system of Claim 11, wherein said inner cap has a flanged portion and an extended portion.

17. (Previously presented) The training bat system of Claim 17, wherein said extended portion is threaded for threadably engaging an interiorly threaded portion of said inner end.

18. (Previously presented) The training bat system of Claim 11, including a compression spring positioned between said weight members and said inner cap.

19. (Previously presented) The training bat system of Claim 11, wherein said tubular member is comprised of a plastic material.